

PK 25m 2026
Mol, 3 - 4/10/2026

Programmanr. 14
3/10/2026 - 15:56

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang	Inschr.							Tijd	Pnt
13 - 14 jaar									
1.	Mor Iris			BRABO/21449/124:46.13			4:49.36	503	
	50m:	32.74	32.74	150m:	1:46.12	37.13	250m:	3:00.88	37.33
	100m:	1:08.99	36.25	200m:	2:23.55	37.43	300m:	3:38.03	37.15
								350m:	4:14.64
								400m:	4:49.36
									36.61
									34.72
2.	Boogers Noor			ZGEEL/21166/12 4:56.95			4:54.47	478	
	50m:	33.55	33.55	150m:	1:47.85	37.68	250m:	3:03.43	37.60
	100m:	1:10.17	36.62	200m:	2:25.83	37.98	300m:	3:41.46	38.03
								350m:	4:18.95
								400m:	4:54.47
									37.49
									35.52
3.	Brouwers Phebe			AZK/21088/13 5:07.83			4:59.19	455	
	50m:	33.41	33.41	150m:	1:49.28	38.05	250m:	3:05.00	38.23
	100m:	1:11.23	37.82	200m:	2:26.77	37.49	300m:	3:43.58	38.58
								350m:	4:22.76
								400m:	4:59.19
									39.18
									36.43
4.	Adriaensen Lena			MOZKA/21148/135:17.53			5:12.60	399	
	50m:	35.98	35.98	150m:	1:56.52	40.28	250m:	3:17.93	40.25
	100m:	1:16.24	40.26	200m:	2:37.68	41.16	300m:	3:57.20	39.27
								350m:	4:36.40
								400m:	5:12.60
									39.20
									36.20
5.	Van de Wouwer Myrthe			HZA/21107/13 5:04.69			5:16.58	384	
	50m:	35.24	35.24	150m:	1:55.85	40.88	250m:	3:18.05	41.23
	100m:	1:14.97	39.73	200m:	2:36.82	40.97	300m:	3:58.49	40.44
								350m:	4:39.41
								400m:	5:16.58
									40.92
									37.17
6.	Dirix Lily			MOZKA/21168/125:45.20			5:25.76	353	
	50m:	35.91	35.91	150m:	1:56.24	40.56	250m:	3:20.04	42.21
	100m:	1:15.68	39.77	200m:	2:37.83	41.59	300m:	4:01.68	41.64
								350m:	4:44.32
								400m:	5:25.76
									42.64
									41.44
7.	Goossens Marthe			ZGEEL/21184/12 6:13.28			5:52.09	279	
	50m:	38.94	38.94	150m:	2:08.09	45.50	250m:	3:39.40	46.27
	100m:	1:22.59	43.65	200m:	2:53.13	45.04	300m:	4:25.00	45.60
								350m:	5:10.30
								400m:	5:52.09
									45.30
									41.79
15 - 16 jaar									
1.	Luyten Julie			AZK/21067/11 4:47.75			4:35.90	581	
	50m:	31.73	31.73	150m:	1:41.55	35.12	250m:	2:52.28	35.59
	100m:	1:06.43	34.70	200m:	2:16.69	35.14	300m:	3:27.49	35.21
								350m:	4:03.12
								400m:	4:35.90
									35.63
									32.78
2.	Kemps Elize			MOZKA/21083/114:58.19			4:52.67	486	
	50m:	32.42	32.42	150m:	1:46.54	37.55	250m:	3:02.02	38.17
	100m:	1:08.99	36.57	200m:	2:23.85	37.31	300m:	3:40.35	38.33
								350m:	4:18.21
								400m:	4:52.67
									37.86
									34.46
3.	Lembrechts Sophie			ZN/21100/10 5:02.73			5:06.35	424	
	50m:	33.94	33.94	150m:	1:50.04	38.63	250m:	3:09.06	39.66
	100m:	1:11.41	37.47	200m:	2:29.40	39.36	300m:	3:48.49	39.43
								350m:	4:28.05
								400m:	5:06.35
									39.56
									38.30
4.	De Schepper Lara			ZOLA/21144/10 5:23.35			5:14.04	394	
	50m:	36.09	36.09	150m:	1:55.75	40.28	250m:	3:17.11	40.81
	100m:	1:15.47	39.38	200m:	2:36.30	40.55	300m:	3:57.63	40.52
								350m:	4:37.51
								400m:	5:14.04
									39.88
									36.53
5.	Van Buggenhout Ishana			ZN/21060/10 5:17.82			5:14.28	393	
	50m:	35.77	35.77	150m:	1:56.40	41.06	250m:	3:17.77	40.36
	100m:	1:15.34	39.57	200m:	2:37.41	41.01	300m:	3:58.36	40.59
								350m:	4:38.39
								400m:	5:14.28
									40.03
									35.89
6.	Van Reeth Lieze			ZVL/21093/11 5:02.50			5:15.19	389	
	50m:	34.45	34.45	150m:	1:51.61	39.14	250m:	3:12.69	40.92
	100m:	1:12.47	38.02	200m:	2:31.77	40.16	300m:	3:52.96	40.27
								350m:	4:35.08
								400m:	5:15.19
									42.12
									40.11
7.	Cools Yelena			ZGEEL/21171/11 5:13.62			5:16.70	384	
	50m:	36.00	36.00	150m:	1:57.44	41.05	250m:	3:18.83	41.19
	100m:	1:16.39	40.39	200m:	2:37.64	40.20	300m:	3:58.60	39.77
								350m:	4:39.00
								400m:	5:16.70
									40.40
									37.70
8.	Van Reeth Lisse			BRABO/21488/115:27.44			5:26.22	351	
	50m:	36.57	36.57	150m:	1:57.61	41.25	250m:	3:21.45	42.05
	100m:	1:16.36	39.79	200m:	2:39.40	41.79	300m:	4:03.85	42.40
								350m:	4:46.02
								400m:	5:26.22
									42.17
									40.20
9.	Boeckx Paulien			ZGEEL/21145/10 5:40.63			5:38.61	314	
	50m:	37.57	37.57	150m:	2:03.32	43.28	250m:	3:31.28	43.47
	100m:	1:20.04	42.47	200m:	2:47.81	44.49	300m:	4:14.75	43.47
								350m:	4:57.60
								400m:	5:38.61
									42.85
									41.01

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Programmanr. 14, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang					Inschr.	Tijd	Pnt		
10.	Valkenborghs Yanne				ZGEEL/21151/10	5:46.27	5:48.61	288	
	50m:	38.97	38.97	150m:	2:06.55	44.58	250m:	3:36.29	44.36
	100m:	1:21.97	43.00	200m:	2:51.93	45.38	300m:	4:20.98	44.69
							400m:	5:48.61	43.08

17 - 18 jaar

1.	Sprangers Kato				BRABO/21639/08	4:39.38	4:38.96	562	
	50m:	31.45	31.45	150m:	1:41.14	35.34	250m:	2:52.34	35.65
	100m:	1:05.80	34.35	200m:	2:16.69	35.55	300m:	3:28.02	35.68
							400m:	4:38.96	35.10
2.	Mertens Helena				SHARK/21146/09	4:38.58	4:42.89	539	
	50m:	31.24	31.24	150m:	1:41.37	35.65	250m:	2:53.38	36.10
	100m:	1:05.72	34.48	200m:	2:17.28	35.91	300m:	3:29.91	36.53
							400m:	4:42.89	36.30
3.	De Ridder Sterre				ZS/21080/08	4:40.00	4:47.92	511	
	50m:	33.74	33.74	150m:	1:45.81	36.14	250m:	2:58.33	36.18
	100m:	1:09.67	35.93	200m:	2:22.15	36.34	300m:	3:35.02	36.69
							400m:	4:47.92	35.61
4.	Van Baelen Yenthe				MOZKA/21075/09	4:54.64	4:51.86	490	
	50m:	33.48	33.48	150m:	1:46.61	36.83	250m:	3:00.94	37.31
	100m:	1:09.78	36.30	200m:	2:23.63	37.02	300m:	3:38.30	37.36
							400m:	4:51.86	36.25

19 jaar en ouder

1.	Ravelingien Lana				BRABO/20066/03	4:17.09	4:23.30	668	
	50m:	30.22	30.22	150m:	1:36.42	32.93	250m:	2:43.07	33.54
	100m:	1:03.49	33.27	200m:	2:09.53	33.11	300m:	3:16.72	33.65
							400m:	4:23.30	32.60
2.	Graham Jil				HOZT/21085/06	4:38.88	4:35.10	586	
	50m:	31.62	31.62	150m:	1:40.48	34.62	250m:	2:50.17	34.60
	100m:	1:05.86	34.24	200m:	2:15.57	35.09	300m:	3:25.67	35.50
							400m:	4:35.10	34.45